

# Don't do your doughnut

*Network Rail*

The Network Rail logo consists of the text "Network Rail" in a white, italicized sans-serif font, positioned above a stylized white graphic of three parallel diagonal lines that taper to the right, suggesting a train or a signal.

Damage your discs &  
there's no going back



**One foot forward,  
make a steady base.**

**Unlock the knees, let  
your thighs take the load.**

**Move your feet...  
don't twist your spine.**

**Keep it close – don't  
overstretch yourself.**



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**SAFETY**

**365**